April 20, 2020

Post Rock District 4-H Family,

I’d like to introduce you to a flat 4-H Friend! Your new 4-H Friend is excited to join your family on many adventures throughout the summer! I have enjoyed hearing stories about how our 4-H members in Jewell, Lincoln, Mitchell, Osborne and Smith Counties continue to thrive each day, and I know you’ll be an amazing host family for a flat 4-H Friend! If you want to host more friends, you can print them at [https://www.postrock.k-state.edu/4-h/](https://www.postrock.k-state.edu/4-h/).

Cut out, decorate and give your flat 4-H Friend a name. Then, go on many adventures together! Your friend wants to understand what it means to Learn by Doing and see how you live through the 4-H Pledge! Capture your adventures with a photo or video. Make a notebook or poster describing your experiences. Share with the Facebook group **PRD 4-H Insider Experience**, or email a Post Rock District Staff Member to be featured in the group or 4-H Newsletter.

Through August 1, 2020, each time you share an adventure, you will be entered in the PRD 4-H Sweepstakes!

Curious about the **PRD 4-H Insider Experience**? Post Rock District 4-H has a private group on Facebook called the **PRD 4-H Insider Experience**. When you join this group, you get the inside scoop about upcoming activities. You also get to have fun with fellow 4-H members in the Post Rock District. This is a great place to share project ideas and celebrate your achievements! We’d love to see 4-H members share virtual project talks and demonstrations. What a great way to teach others about your 4-H spark!

How do you enter the **PRD 4-H Sweepstakes**? The PRD 4-H Sweepstakes is an incentive program recognizing district-wide 4-H engagement. For a chance to enter, join the **PRD 4-H Insider Experience** and our other social media platforms. You can also enter by completing the opportunities shared in the 4-H Newsletter and sharing those successes with myself or a 4-H Program Coordinator. When engagement is noticed by our Post Rock District Team, we’ll add your name to the Sweepstakes. Regularly, winners will be drawn from the PRD 4-H Sweepstakes, earning incentives that’ll enhance your 4-H experience! There is no limit to the number of individual entries.

I am excited to hear about adventures with your flat 4-H Friend! I’m thankful to have you in our Post Rock District 4-H Family! Continue to work hard, stay positive and have fun learning. Please let the Post Rock District Team know if you have any questions related to your 4-H experience.

Best wishes,

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